

Chickasaw County

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Community Health Needs Assessment Snapshot

Promote Healthy Behaviors

Problems/Needs:

- Rank#1 Obesity rates are high in Chickasaw County. According to the 2002 - 2008 BRFSS, Chickasaw County Obesity rate is 41.24%. Chickasaw County Health 2008 Snapshot shows that 70% of the population is overweight/obese in which the overall percentage for Iowa is 63%. Food and Fitness Initiated survey shows the county at 62.4% obese for 2010. Chickasaw County WIC clinic reports that children 2-4 years, 10.64% are overweight and the Iowa rate is 15.71%. These numbers need to decrease for our county. Also the Community Needs Assessment survey done in October for the county showed that 78.3 % believe this was problem in the county.
- Mental Health and Co-Occurring Disorder is challenge in Chickasaw County. According to the BRFSS report from 2002 to 2008 the percentage of people with poor mental health in 1 to 7 days for Chickasaw County is 17.7% and over 22 days the rate is 3.79%.
- According to the Iowa Youth Survey that 30% of the students have had one drink in the last 30 days. BRFSS shows in 2008 that binge drinking was 28% in Chickasaw County and Tobacco usage of daily smoking was at 26%. Both Tobacco and Alcohol usage for students in 2008 increase from 2005. Also the 2008 Youth survey also has shown that usage of marijuana and other drugs percents have also increase from 1% -8% from 2005 survey. Co-Occurring Disorders are also in contributes to obesity.
- Prevention and Education of Chronic Disease in Chickasaw County, primary of diabetes among the population. Obesity contributes to diabetes which population is non-compliant in diet and exercise will long term analysis damage the kidneys forcing the use of dialysis. BRFSS from 2008 states that 7.45% of the population in the county has diabetes. This is challenge for county citizens to find assess to dialysis treatment center.

Prevent Injuries

Problems/Needs:

- Problem #1 Texting of cell phone usage while driving. The agency Community Needs Assessment Survey for the county was 65.8.% It was founded that since 2001, 5126 motor vehicle accidents involved the use of cellular telephones by 1 or more operators. Information is provided by the Governor's Traffic Safety Bureau.
- Problem #2 Mental Health services needed in our schools and the communities to address bullying, harassment and high number of attempts to try to kill themselves. In the past 2 years two young people has committed suicide in the county.

Protect Against Environmental Hazards

Problems/Needs:

- Chickasaw County has a number of older homes in the rural area that do not have updated wastewater systems. This is potential for contamination of drinking water supply.

Prevent Epidemics and the Spread of Disease

Problems/Needs:

- A number of parents in the Chickasaw County do not follow through with vaccination for their children. The need to educate the parents why this is important for the child. The goal is to have all children updated in the county with vaccination that are needed by the time the children reach school age. The agency is not force their beliefs on Mennonite population in the northwest part of the county.

Prepare for, Respond to, and Recover from Public Health Emergencies

Problems/Needs:

- 68.7% of the residents of the county are prepared for natural or man-made disaster. Number of the people state that if it happens, the state will help and will deal with it then but 54 % of the survey checked that they keep a supply of perishable food and water on hand. Need to educate the community that they need to be prepared for all types of disaster.

Strengthen the Public Health Infrastructure

Problems/Needs:

- Lack of treatment centers and transportation for community members who are receiving dialysis in the county. A number of county residents have contacted the agency looking for transportation to and from a dialysis treatment center located outside the county. Transportation is limited county residents have left the county moving to the city where they are receiving dialysis treatment.

Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
Chickasaw County will see a 2% decline of the current obesity rate of 62.4% in the next five years. Information from Kellogg Food and Fitness Initiative Survey at 2010 Fall Conference from ISU Extension data. Also from Chickasaw 2008 BRFSS	Education to the public would include offering healthy alternatives snacks would be done in the school districts once a year at spring conference time offering a healthy snack tasting bar for parents to try with recipes handouts for all who attend. Offering once a month for students to taste different vegetables or fruits and encouraging parents' participation at home.	Food and Fitness Initiative through the KELLOGG Grant, Chickasaw County Public Health, Chickasaw County Food and Fitness Team. New Hampton Fit for Life Health team and working with County School Districts Wellness Committees.	Review annual with community partners focusing if we are making progress towards the goal for 2015.
	Through Food and Fitness Initiative educating students and parents about promotion of exercise classes at the schools and what obesity will cause for a child health.	Chickasaw Co. Food and Fitness Initiative Comm. New Hampton School Districts staff Members	Starting the Spring of 2011 with news articles in the paper and area business newsletters.
	Chickasaw School Districts to make revisions to their School Wellness policy promoting exercise and healthy food choices in their school lunch programs.	Chickasaw Co. School Districts Wellness Committees	County School Districts are starting to make revisions and their wellness program targeting early 2012.
	Involving community members in supporting the need of planting gardens and teaching children fundamentals of what a garden	Chickasaw Co. Food and Fitness	St Joes & NH School have

	can produce.	Initiative. Chickasaw Co. Board of Health Members	starting promoting this with community members. This is continue project - update bi-annually of report.
	Promoting education of obesity through local newspapers, schools, hospital and Chickasaw County Tourism Committee.	Chickasaw Co. Public Health, Mercy Medical Center- New Hampton, NH Park and Rec	Starting in April with Food and Fitness Initiative. Food Tasting Fair and 2011 Parent Teacher Conference Review every quarter for process.
	Collaboration in finding community location for people to exercise that does not involve a fee that is user friendly in the county.	Chickasaw Co. Board of Health, Chickasaw Co. Food and Fitness Initiative	Starting at the April 2011 meeting of Food and Fitness Initiate selecting a person to contact member of area churches on this concern. On Going update annually.

Goal	Strategies	Who is responsible?	When? (Timeline)
	Chickasaw County Case Management collaborating with county school districts in providing counseling to students who have problems working through difficult psychological problems from middle school to high school to prevent unknown events for the future.	Chickasaw Co. Targeted Case Management, All Chickasaw Co. School Districts, Pathways	Co-Occurring Committee Updates quarterly by Sheila Kobliska, Co. Case Management and meeting with CHNA-HIP Committee twice year. Starting in April 2011.

Goal	Strategies	Who is responsible?	When? (Timeline)
Improving access to dialysis services for county residents as measured by number of requests for transportation that are fulfilled or number of patients served by new dialysis center. This data comes from CHNA-HIP survey and complains from the patients in the community.	Collaboration of the Board of Health and Board of Supervisors with Mercy Medical Center- New Hampton to discuss and investigate to find ways to bring a dialysis treatment cent to our county. This possibly would involve grant writing and fund raising in the future.	Chickasaw County Board of Health members, Mercy Medical Center- New Hampton and Chickasaw Board of Supervisors and Chickasaw County Public Health	Starting in 2011 initiating verbal dialog on this subject with the local partners and boards.
	Through collaboration with out of county agency, offer affordable transportation within the county to residents that are on fixed level income to travel to dialysis treatment centers.	Chickasaw County Board of Supervisors, and Chickasaw County Board of Health and Chickasaw Co. Case Management	Review meetings of Boards and hopefully starting dialog in 2012 finding ways to provide transportation.

Goal	Strategies	Who is responsible?	When? (Timeline)
Increasing healthier lifestyle would decrease the rate of diabetes among the citizens of Chickasaw County. Data came from 2002-2008 BRFSS report.	Collaboration of education of the 65 years of age through Hawkeye Valley Area Agency of Aging and Mercy Medical Center - New Hampton through their newsletters, flyers and community health fairs.	HVAAA in Waterloo with Satellite office in New Hampton, Mercy Medical Center- New Hampton Diabetes Coalition which includes Mindy Ellsworth, RD.	2011 Health Fair to be held in February at Trinity Lutheran Church and HVAAA and Mercy Medical Center- New Hampton Newsletters starting fall of 2011. Health Fairs held every other year. Diabetic Workshop with outside speakers to be held every November during National Diabetes Month.
	Offering education topics on Foot Care for the Diabetic, Symptoms of Diabetes, Heredity of Diabetes and Prevention of Diabetes in the Adult.	Mercy Medical Center - New Hampton Dietitian, Mindy Ellsworth, RN and Chickasaw Co. Public Health	Starting with 2011 Mercy Medical Center - New Hampton. Diabetes Support group and a newsletter to the community of upcoming speakers.